

A Monthly Newsletter by
Singapore Silat Federation



SILAT UN CUT

A SAD LOSS FOR SINGAPORE SILAT FEDERATION

It is with great sadness and regret to inform that we have lost a very valuable member of the Singapore Silat Federation family, National Coach Mochammad Ichsan Nur Romadhon.

Well-loved by everyone in the Silat community, Coach Romadhon has contributed tremendously to the team's achievements.

Our sincerest condolences to his loved ones. We share in this time of grief, but also share in all the love and memories.



Being a mentor to our National Athletes, Coach Romadhon has been guiding our athletes to perform at their very best. With his efforts, we have managed to showcase the best showing since the 2003 SEA Games.

Coach Romadhon, working with the other National Coaches, was one of the main pillars which gave our athletes the confidence to perform at the best of their abilities.

A valuable member of the Silat community, his contributions have helped Team Singapore achieve 4 gold, 3 silver and 4 bronze medals at the 31st SEA Games which was held in Hanoi, Vietnam.

Singapore Silat Federation has been collecting donations to help Romadhon's family and keen donors can make their donations via PayNow or bank transfer:

- PayNow to mobile number:
9797 7588 (Kamal)
- Bank transfer to POSB
Account No.: 120633350



TAHLIL FOR LATE NATIONAL COACH: MOCHAMMAD ICHSAN NUR ROMADHON

On the 30th of May 2022, a *tahlil* ceremony - the recitation of prayers and supplications for the dearly departed - was held in respect to our fallen coach, the late Mochammad Ichsan Nur Romadhon.

Held at the official training ground for Team SG Silat at the OCBC Arena, athletes and coaches from the National Silat team, parents and family members of athletes, staff members, and the management committee of the Singapore Silat Federation, were those who attended the *tahlil* ceremony.

Donations are still open to those who are keen to donate to help Romadhon's family via PayNow or bank transfer.





31ST SEA GAMES: HIGHLIGHTS

With the closure of the 31st SEA Games that was held from the 12th to the 23rd of May 2022, our Pencak Silat team has managed to make the nation proud with our best-ever showing at the games with a total achievement of 4 gold, 3 silver, and 4 bronze medals. This is the best performance that Pencak Silat has shown since the previous best in 2003 when the team brought home 3 gold, 2 silver, and 10 bronze medals.

In addition to that, Team Singapore's first gold medal was achieved by our very own Muhammad Iqbal for the Male Tunggal category. This is the first gold medal for Iqbal after 6 SEA Games. Likewise, Nurul Suhaila also managed to clinch her first gold medal after 3 SEA Games!

This is also the first major international event since the implementation of the Upgraded Pencak Silat Rules and Regulations.

Flip through the next few pages to have a look at what went on throughout the games!



TEAM COMPOSITION:

1. Match Male B (50 - 55kg) - Aniq 'Asri Bin Mohammad Yazid
2. Match Male C (55 - 60kg) - Muhammad Hazim Bin Mohd Yusli
3. Match Male D (60 - 65kg) - Muhammad Riansyauqi Bin Mistam
4. Match Male F (70 - 75kg) - Abdul Raazaq Bin Abdul Rashid
5. Match Male G (75 - 80kg) - Sheik Ferdous Bin Sheik Alau'ddin
6. Match Male H (80 - 85kg) - Muhammad Syakir Bin Jeffry
7. Match Male J (90 - 95kg) - Sheik Farhan Bin Sheik Alau'ddin
8. Match Female E (65 - 70kg) - Nurul Suhaila Binte Mohd Saiful
9. Match Female F (70 - 75kg) - Siti Khadijah Binte Mohd Shahrem
10. Artistic Male Single - Muhammad Iqbal Bin Abdul Rahman
11. Artistic Male Double - Muhammad Hazim Bin Mohd Zaque & Muhammad Haziq Bin Mohd Zaque
12. Artistic Male Team - Muhammad Iqbal Bin Abdul Rahman, Muhammad Nazrul Bin Mohd Kamal & Muhammaddinil Mustafar Bin Mohd Isa
13. Artistic Female Single - Siti Nazurah Binte Mohd Yusoff
14. Artistic Female Double - Nur Azlyana Binte Ismail & Sharifah Shazza Binte Samsuri
15. Artistic Female Team - Iffah Batrisyia Binte Noh, Amirah Binte Sahrin & Nur Ashikin Binte Zulkifli

DAY 1: 7TH MAY 2022, SATURDAY

TEAM OFFICIALS' DEPARTURE DAY



DAY 2: 8TH MAY 2022, SUNDAY

TEAM DEPARTURE DAY





DAY 2: 8TH MAY 2022, SUNDAY

31ST SEA GAMES TECHNICAL MEETING & BALLOTING



DAY 2: 8TH MAY 2022, SUNDAY

TEAM TRAINING



DAY 3: 9TH MAY 2022, MONDAY

TEAM TRAINING



DAY 4: 10TH MAY 2022, TUESDAY

ARTISTIC ELIMINATION ROUND & SEMI-FINALS





Special thanks to Mr. Edwin Tong, Minister for Culture, Community & Youth, for standing with our athletes and cheering them on!

Go Team Singapore!





DAY 5: 11TH MAY 2022, WEDNESDAY

ARTISTIC FINALS

Day 2 for Pencak Silat at the 31st SEA Games, and Finals Day for our Seni athletes!

Competing in the finals, we had our Male Tunggal, Muhammad Iqbal Abdul Rahman, going up against Thailand's Ilyas Sadara, and our Male Ganda team, Muhammad Haziq Mohd Zaque & Muhammad Hazim Mohd Zaque, going up against Malaysia's Muhamad Taqiyuddin Hamid & Sazzlan Yuga!

Team Singapore's first Gold was achieved by Muhammad Iqbal for the Male Tunggal category!



DAY 5: 11TH MAY 2022, WEDNESDAY

ARTISTIC - MEDAL CEREMONY





GOLD MEDALIST

Muhammad Iqbal Bin Abdul Rahman

SILVER MEDALISTS

Muhammad Haziq Bin Mohd Zaque,
Muhammad Hazim Bin Mohd Zaque



BRONZE MEDALISTS

Nur Azlyana Binte Ismail, Sharifah Shazza Binte Samsuri
Iffah Batrisyia Binte Noh, Nur Ashikin Binte Zulkifli, Amirah Binte Sahrin



DAY 6: 12TH MAY 2022, THURSDAY

TEAM TRAINING



DAY 6: 12TH MAY 2022, THURSDAY

31ST SEA GAMES OPENING CEREMONY



DAY 7: 13TH MAY 2022, FRIDAY

ARTISTIC TEAM ARRIVAL



DAY 7: 13TH MAY 2022, FRIDAY

MATCH QUARTER FINAL ROUNDS - WEIGH IN



DAY 7: 13TH MAY 2022, FRIDAY

MATCH QUARTER FINAL ROUNDS



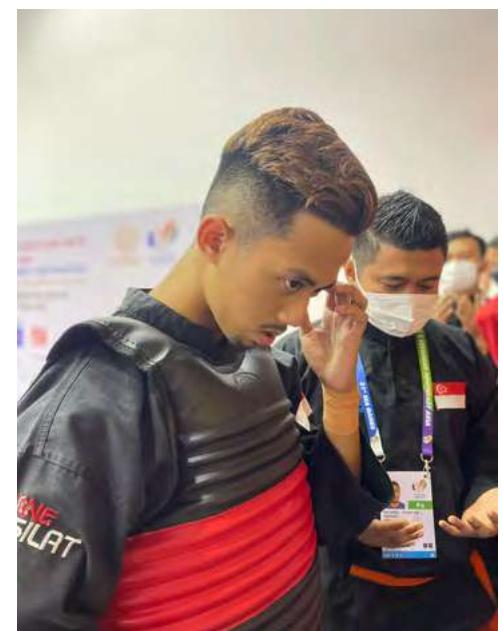
DAY 8: 14TH MAY 2022, SATURDAY

MATCH QUARTER FINAL & SEMI FINAL - WEIGH IN



DAY 8: 14TH MAY 2022, SATURDAY

MATCH QUARTER FINAL & SEMI FINAL ROUNDS



DAY 9: 15TH MAY 2022, SUNDAY

MATCH SEMI FINAL - WEIGH IN



DAY 9: 15TH MAY 2022, SUNDAY

MATCH SEMI FINAL ROUNDS





THANK YOU

Thank you Mr. Tan Chuan-Jin, who is the current Speaker of the Parliament of Singapore and the President of the Singapore National Olympic Council (SNO), and Mr. S Sinnathurai, this year's chef de mission for this year's SEA Games, for coming down to support our Silat athletes at the 31st SEA Games in Hanoi, Vietnam!

Your presence has motivated our athletes greatly and with your support the team has managed to give their best showing at the games!

DAY 10: 16TH MAY 2022, MONDAY

MATCH FINAL - WEIGH IN



DAY 10: 16TH MAY 2022, MONDAY

MATCH FINAL ROUNDS



DAY 10: 16TH MAY 2022, MONDAY

MATCH - MEDAL CEREMONY





HỘI THỂ THAO ĐÔNG NAM Á LẦN THỨ
VIỆT NAM 2021

SOUTHEAST ASIAN GAMES - VIET NAM 2021

ĐÔNG NAM Á MẠNH MẼ HƠN - FOR A STRONGER SOUTHEAST ASIA

MÔN THI ĐẤU: PENCAK SILAT
PENCAK SILAT



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ĐÔNG NAM Á MẠNH MẼ HƠN - FOR A STRONGER SOUTHEAST ASIA

MÔN THI ĐẤU: PENCAK SILAT
PENCAK SILAT





GOLD MEDALISTS

Muhammad Hazim Bin Mohd Yusli
Sheik Farhan Bin Sheik Alau'ddin
Nurul Suhaila Binte Mohd Saiful



SILVER MEDALISTS

Abdul Raazaq Bin Abdul Rashid
Sheik Ferdous Bin Sheik Alau'ddin



BRONZE MEDALISTS

Siti Khadijah Binte Mohd Shahrem
Muhammad Syakir Bin Jeffry



Photos from Mr. Eric Chua's Facebook Page

Thank you!

Thank you Mr. Eric Chua, Parliamentary Secretary, Ministry of Culture, Community and Youth & Ministry of Social and Family Development, for your constant support for our Pencak Silat athletes, as well as presenting the medals to our standing athletes!

DAY 11: 17TH MAY 2022, TUESDAY

MATCH TEAM ARRIVAL



MEDAL TALLY:

GOLD:

1. ARTISTIC MALE SINGLE - Muhammad Iqbal Bin Abdul Rahman
2. MATCH FEMALE E (65-70KG) - Nurul Suhaila Binte Mohd Saiful
3. MATCH MALE C (55-60KG) - Muhammad Hazim Bin Mohd Yusli
4. MATCH MALE J (90-95KG) - Sheik Farhan Bin Sheik Alau'ddin

SILVER:

1. ARTISTIC MALE DOUBLE - Muhammad Haziq Bin Mohammad Zaque & Muhammad Hazim Bin Mohammad Zaque
- 2 MATCH MALE F (70-75KG) - Abdul Raazaq Bin Abdul Rashid
3. MATCH MALE G (75-80KG) - Sheik Ferdous Bin Sheik Alau'ddin

BRONZE:

1. ARTISTIC FEMALE DOUBLE - Nur Azlyana Binte Ismail & Sharifah Shazza Binte Samsuri
2. ARTISTIC FEMALE TEAM - Iffah Batrisyia Binte Noh, Amira Binte Sahrin & Nur Ashikin Binte Zulkifli
3. MATCH MALE H (80-85KG) - Muhammad Syakir Bin Jeffry
4. MATCH FEMALE F (70-75KG) - Siti Khadijah Binte Mohd Shahrem

NON - MEDALISTS:

1. ARTISTIC FEMALE SINGLE - Siti Nazurah Binte Mohd Yusoff
2. ARTISTIC MALE TEAM - Muhammad Iqbal Bin Abdul Rahman, Muhammad Nazrul Bin Mohd Kamal, Muhammaddinil Mustafar Bin Mohd Isa
3. MATCH MALE B (50-55KG) - Aniq 'Asri Bin Mohammad Yazid
4. MATCH MALE D (60-65KG) - Muhammad Riansyauqi Bin Mistam

TECHNICAL BRIEFING FOR TEAM CONTINGENTS: ATHLETES, COACHES AND TEAM MANAGERS

A technical briefing was held on the 9th of May 2022 for the team contingents, which consists of the athletes, coaches, and team managers.

This was held to get everyone on par and the same page with regards to the Upgraded Pencak Silat Rules and Regulations, as this is one of the first major games since its implementation.

This has helped the contingents understand the regulations and processes for the games.



INTERNATIONAL TECHNICAL OFFICIALS (ITO)

REFRESHER COURSE

An International Technical Officials (ITO) refresher course was held on the 8th, 9th, and 11th (after lunchtime) of May 2022 before the matches commenced for the 31st SEA Games.

Over the course of three days, we covered theory on the rules, practical on the new techniques, and match simulation.

This is to ensure that the wasit jury is prepared for duty and familiarizes themselves with the digital equipment like the 5-second buzzer, the VAR Protest system, and the tablets to enter the scores for the jury and the council.

A token of appreciation from Vietnam Pencak Silat, Ms. Tu Le Na, was given to all the ITOs at the end of the refresher course.







INTERNATIONAL TECHNICAL OFFICIALS (ITO): WASIT JURY PRACTICAL SESSION



INTERNATIONAL TECHNICAL OFFICIALS (ITO): WASIT JURY READY FOR DUTY



On each competition day, the ITOs will have to go through briefing sessions three times a day: morning before the games, lunchtime, and before going back to the hotel at the end of the day.



INTERNATIONAL TECHNICAL OFFICIALS (ITO): **COMPULSORY COVID TESTING**



32ND SEA GAMES, CAMBODIA 2023

The 32nd edition of the multi-sport event has been confirmed to be held in Phnom Penh, Cambodia, from the 5th to the 16th of May 2023.

This will be the first time that Cambodia will be hosting the games, and 40 sports will be featured at the 2023 SEA Games, which will be the highest number of sports to be featured by a nation hosting the biennial Games for the first time since 1977.

See you all at the 32nd SEA Games!



MEETING WITH MR. VATH CHAMROEUN, SECRETARY GENERAL OF CAMBODIAN NATIONAL OLYMPIC COUNCIL FOR THE 32ND SEA GAMES IN CAMBODIA 2023



SINGAPORE HOSTING THE 35TH SEA GAMES



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Sport

Singapore to host 2029 SEA Games



The National Stadium pitch. (File photo: TODAY)



Matthew Mohan

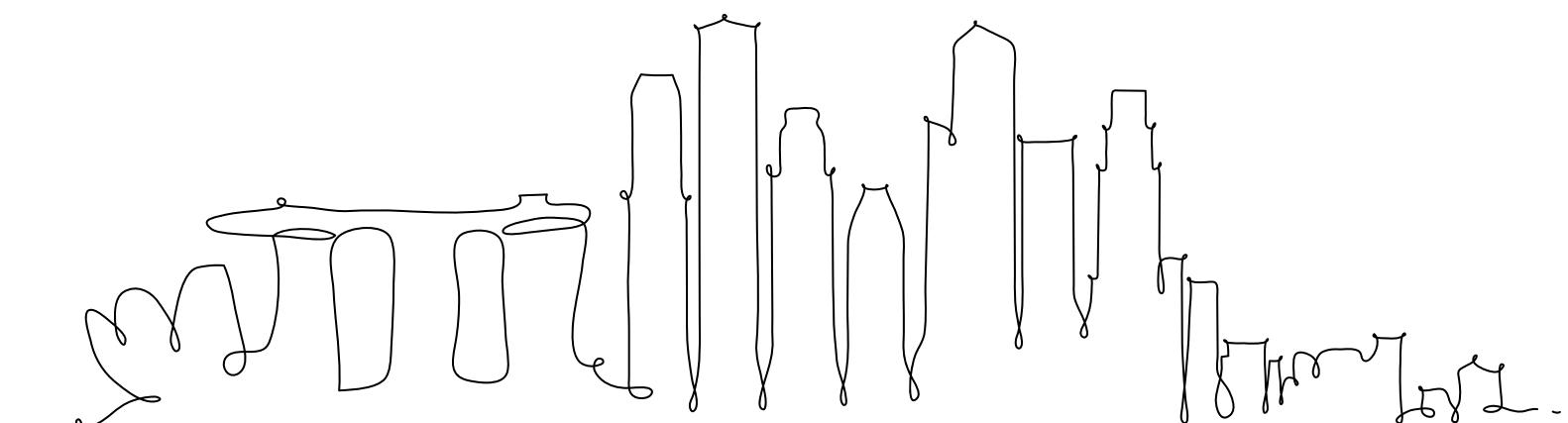
@MatthewMohanCNA

12 May 2022 02:17PM
(Updated: 12 May 2022 02:25PM)



Announced on the 12th of May 2022 in a joint media statement, Singapore has been accepted to host the 2029 edition of the Southeast Asian Games (SEA Games), fourteen years after the event was last held here in 2015.

Stay tuned for more updates!



RULES & REGULATIONS

From the latest installment of the SEA Games which was held in Hanoi in May, we have witnessed our athletes and officials in action with the Upgraded Pencak Silat Rules and Regulations on an international arena.

Below are the some of the main components that has caused some misunderstandings between the coaches and officials:

POINT SYSTEM

With the changes in the scoring, the athletes focus on the high-level techniques, where they can earn 3 points for each takedown.

- 1 point for each punch,
- 2 points for each kick,
- 3 points for each takedown

This is a compiled score, and not by individual jury. The scores are reflected when a minimum of 2 juries key in the scores within 3 seconds of time buffer for human reaction time and the entered points will take another 3 seconds lapse due to the time buffer.

For penalties and droppings, points will be keyed in by the council (*dewan*) accordingly.

PENALTIES

- Light Violation: Athlete will be given a verbal warning - no point deduction
 - 1 Verbal Warning
 - 2 Verbal Warning
- Moderate Violation: Reprimand 1 - 1 point deduction, Reprimand 2 - 2 points deduction
- Serious Violation: Warning 1 - 5 points deduction, Warning 2 - 10 points deduction, Warning 3 - disqualification

VIOLATIONS

- Light
 - A compilation of penalties that is not subjected to a specific technique in the round, so now it is a compilation regardless of the violation
 - Resets in a new round
- Moderate
 - Similar to light violations, however with harsher penalties where points will be deducted
- Serious
 - Can lead to immediate disqualification

WASIT DUTY

The changes to the wasit's duties in a match include the fact that they can only "Ti" after the buzzer rings after a takedown to stop the action.

COUNCIL (DEWAN WASIT-JURY) DUTY

The council's duties include keying in penalties and drop points.

A 5-second buzzer is also a part of the dewan to account for grappling and takedown techniques. Following that, a 2-second will be counted as well to see if there are any counteractions made by the opponent.

Other duties include walking to cornermen to check on protests, if any, and to make sure that the Protest Commissioner (PC) acknowledges and understands the protest that has just been made.

JURY DUTY

The jury's duties during a match are to key in punch and kick points executed by the athletes. They are also required to give inputs for drop or penalty verifications.

ARTISTIC

With the Upgraded Pencak Silat Rules and Regulations, the artistic categories compete in elimination rounds. There will be 2 shared Bronzes for those who did not manage to go through the semi- final rounds.

Similar to the match categories, artistic athletes will have to do the 8-step perguruan movements before competing.

COMPETITION CHAIRMAN, OR KETUA PERTANDINGAN (KP) DUTY

When wasit asks for a verification, they can choose between a jury verification or the Video Assistant Referee (VAR) cameras. After which, they will have to announce the issue.

Besides that, the introduction of the athletes to come into the arena at the beginning of the game, and the winner announcement at the end of the game will be done by the KP.

PROTEST COMMISSIONER (PC) DUTY

Whenever there is a protest, the Protest Commissioner will have to review the VAR footages and come up with a decision or a verdict.

- For coach protests, only 1 verdict card will be raised.
- For wasit or KP requests, 2 verdict cards will be raised.

COACHES DUTY

For coaches, the upgraded rules state that they have to stay seated in the coaching box during each match, and they are not allowed to distract the fight by standing, talking, and/or screaming. Only during each break that they will be able to step out of their boxes to help their athletes stretch, etc.

If they want to make a protest during the match, they will have to stand up and raise their protest card on their right hand. Protests will have to be done clearly in English, or they can have a translator on standby.

ATHLETES

For competing athletes, the weigh-in sessions will be done on the morning of the competition in their respective hotels where they will have to report in their full Silat attires.

Before stepping onto the weighing scale, they have to decide whether they want to strip or weigh with their attire. If they decide to weigh in with their attire, they will not be able to step off the scale and re-weigh without clothes. This will lead to disqualification.

Photos to be taken:

- Before:
 - In Position:
 - *Wasit - Coach - Athlete - Athlete - Coach - Wasit*
- After:
 - Individual with *pasang*
 - Face-off: Athletes face each other with no action
 - Face-off: Athletes face each other with action
 - Athletes to be beside each other with *pasang*

Before entering the arena, the athletes will have to go through a pat-down, where the pat-down officer will check that:

- their vests are worn properly,
- their finger & toenails are not long and sharp,
- all their piercings have been taken off,
- there are no hairpins or brooches attached,
- and that they are wearing the compulsory protective equipment - groin guard for both males and females.

WEEKLY CONTACT SESSIONS WITH SSP

To keep ourselves in the loop, our Technical team has been attending weekly contact sessions with the Senior General Manager (Individual Programme) from the Singapore Sports School, Mr. Ng Kok Wei.

Some of these updates include:

- Updates on the student-athletes' academic performance,
- Planning of their 4-year projection in future competitions,
- Sharing of their training programme and progress,
- FY2023 intake for Primary 6 students and/or mid-streamers', and
- School programmes involving the student-athletes.

Keep a look out on our future issues for further updates on the Student-Athletes!



VISIT BY REPRESENTATIVE FROM MONGOLIA

A visit was made by a representative from Mongolia, Mr. Mungerel Badruugan, to our training hall at OCBC Arena.

Thank you for coming down to visit us, we really appreciate your presence and are thankful for the efforts that you are putting in to spread Pencak Silat in Mongolia and on to the world.

Let's work together to put Pencak Silat into the Olympics!



COMBAT COLLECTION WITH SILAT

With production that began in July 2021, Silat episodes for the Combat Collection are finally up on the ActiveSG Circle Watch!

To watch, simply scan the QR code below, sign up for the Circle membership (free!) and enjoy!

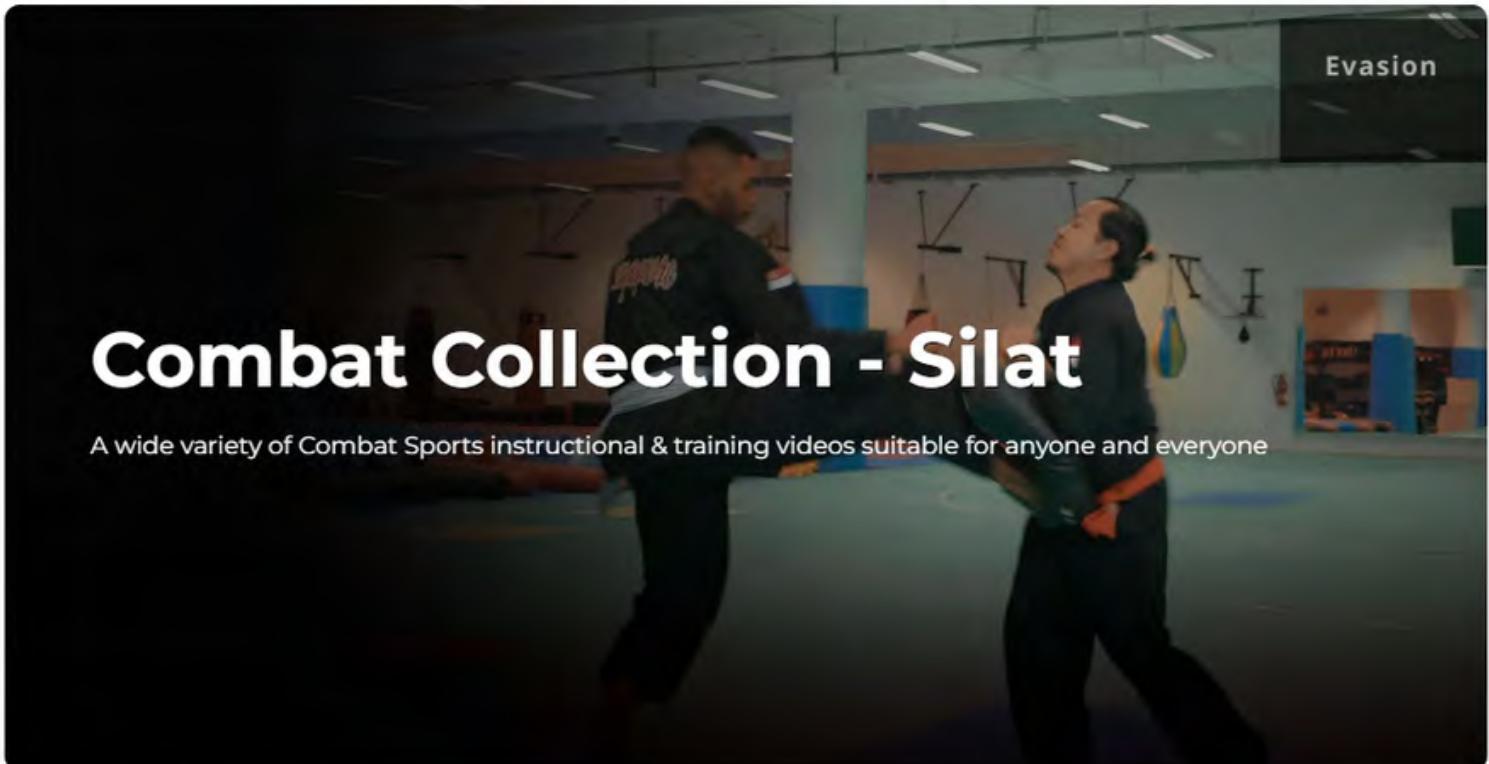
The episodic breakdown of the 12 episodes can be found on the next page.

WATCH NOW!



Combat Collection - Silat

A wide variety of Combat Sports instructional & training videos suitable for anyone and everyone



1. **Learn Sport Silat (Part I)** - Dr Sheik Alau'ddin, Silat legend and pioneer, takes us on a journey into the rich history of Silat in Singapore and helps us uncover key differences in competitive Silat.
2. **Learn Sport Silat (Part II)** - Learn signature moves from Singapore's very own Silat World Champions and pick up some self-defense techniques. Struggle, achievement and persistence – these make the journey for the nation's top Silat exponents.
3. **Learn to Punch in Silat** - Learn proper techniques of a 'Punch' in Silat. Discover the differences between old and new rules. Get some tips on how you can use this technique in various situations.
4. **Learn to Kick in Silat** - The Front Kick is one of the most crucial leg techniques in Silat. Learn how you can use these techniques in various situations in addition to evasive applications.
5. **Learn Dropping in Silat** - Learn proper techniques of 'Dropping' in Silat. Learn how you can use these techniques in various situations and tips to improve your dropping technique.
6. **Strength & Conditioning Masterclass** - Is Strength & Conditioning (S&C) important for Silat athletes? Discover the importance of S&C and how you can do it in a safe and effective manner, to improve your performance.
7. **Nutrition Masterclass** - Getting the right nutrition helps us reap high quality gains, both physically and mentally. Let's look at some ways to use food to fuel our body for performance.

8. Kicking Masterclass - Kicks are important techniques that can be used swiftly to gain an edge over your opponents. Improve your kick techniques with tips from Singapore's top Silat exponents.

9. Dropping Masterclass - The Dropping technique is a popular skill which rewards high points as well as demoralizes your opponent. Improve your 'Dropping' technique with tips from Singapore's top Silat exponents.

10. Get Fit with Silat Moves #1 - Join us for a quick and effective 30-minute workout, inspired by Silat moves, that's sure to get your heart pumping and racing.

11. Get Fit with Silat Moves #2 - Join us for a quick and effective 30-minute workout, inspired by Silat moves, that's sure to get your heart pumping and racing.

12. Sacrifice, Struggle, Success - Sacrifice, Struggle, Success, Silat. These four words have one thing in common: Family and Support. Find out how Singapore's Silat fraternity has evolved throughout its various generations and how Silat legend Dr Sheik Alau'ddin persevered through challenging times.



WATCH NOW!

SELAMAT HARI RAYA!

This year, Hari Raya was celebrated as normal as it was before COVID-19 with no restrictions for visiting our loved ones! Our athletes made the most out of the little time they had with their families before going back into training for the 31st SEA Games.

We hope everyone had a fun-filled Raya this year. Once again, Selamat Hari Raya, Maaf Zahir dan Batin!





KUS NATIONAL KUMITE COMPETITION 2022

The Karate-do Union of Singapore (KUS) hosted the National Kumite Competition 2022 on the 29th of May 2022 at the Pasir Ris Sports Hall. This was also the first major event after the easing of COVID-19 measures.

For the opening ceremony, Dr. Sheik Alau'ddin Yacoob Marican, PBM was invited as a VIP Guest to grace the event, alongside Mr. Eric Chua - Minister of Parliament for Tanjong Pagar GRC, Parliamentary Secretary for Ministry of Culture, Community and Youth as the Guest of Honor.







VISIT BY MINISTER FOR MCCY: MR EDWIN TONG

A visit was made by the Minister for Culture, Community and Youth, Second Minister for Law, and the Deputy Chairman of People's Association (PA), Mr. Edwin Tong, to our official training grounds at the OCBC Arena on the 4th of May 2022.

Accompanied by our national coaches, Mr. Edwin Tong managed to catch up with our national athletes who will be representing the nation for the SEA Games in Hanoi, Vietnam.





THE PEOPLE BEHIND SG SILAT

I am Nur Umairah Binte Abdul Rahman, 31 years old this year, and I am a National Coach and the High Performance Executive for Singapore Silat Federation (SSF).

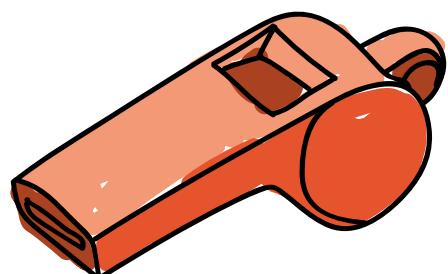
I am a fun, friendly, enthusiastic and easy-going person, I like to meet new people, outdoor activities such as cycling and I really love to be by the beach!

Happily married and blessed with 3 lovely children, I am also the elder child in the family with a very talented younger brother.



With strong motivation from my parents and the interest that built up in me from sending my younger brother every weekend to his Silat classes with Perguruan Silat Seni Grasio, I started off as an athlete back in 2001 and then joined the National team in 2002.

As time goes by, I was not only involved as an athlete, but also as a Centre Helper where I assisted my parents at their training centres, which was mostly at Woodlands Zone 2 RC & Masjid An-Nadiah.





After that, I moved on to become a Silat coach, and then a National Class II Wasit-Jury. Today, I am a full-time staff with Singapore Silat Federation.

Being a National Coach and the High Performance Executive for SSF, each of those roles has their own set of challenges and responsibilities in ensuring that all of our National Athletes keep up with their training programmes, recover well, master the techniques of the upgraded rules and regulations, and of course, taking care of their well-being.

What I enjoy most about what I do in the federation is the fact that I have great colleagues and understanding bosses around me!

A lot of the memories that I have in this federation are of happy ones, and it is because of the colleagues who are around me turning into one big family; we laugh, eat, play and work hard together!



I am motivated by the fact that when I leave the office at the end of the day, I know that I have helped make a difference in the athletes' and colleagues' day.

Seeing the smiles and watching the athletes improve from each competition to another makes me look forward to do a great job and the reason why I am pursuing in this position.

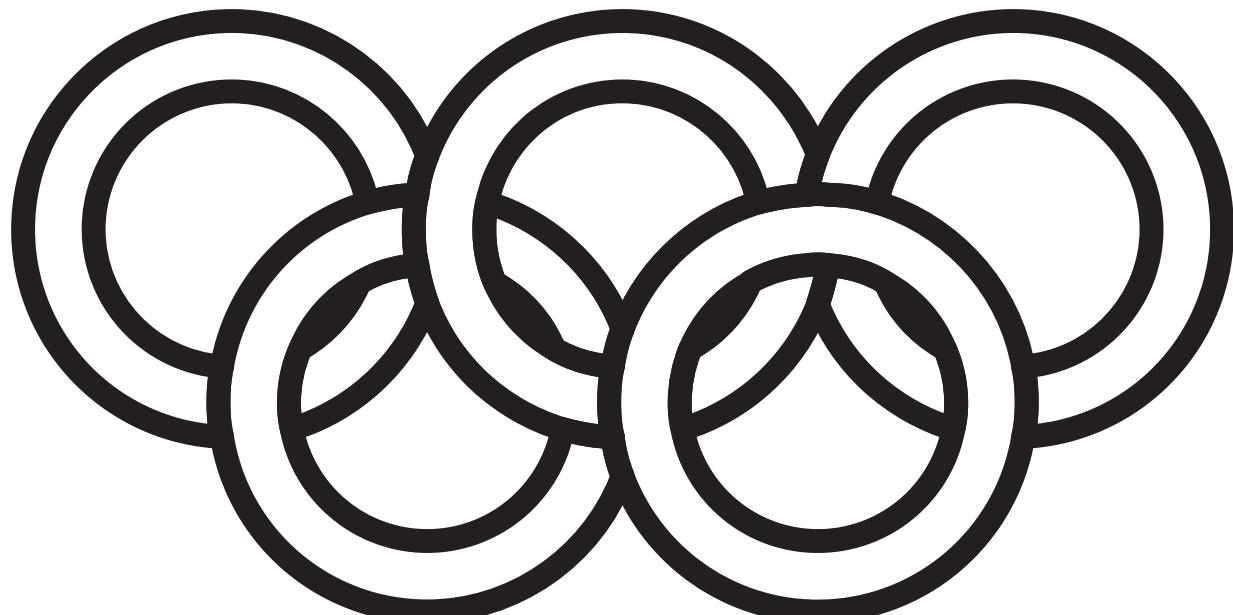
If there was one thing that I could say to my past self, I would tell myself to not give up. To train hard, because victory is waiting.

I pushed aside so many opportunities back then so if I were to be given a chance to go back in time, I will not think twice and grab every opportunity that comes up to me.



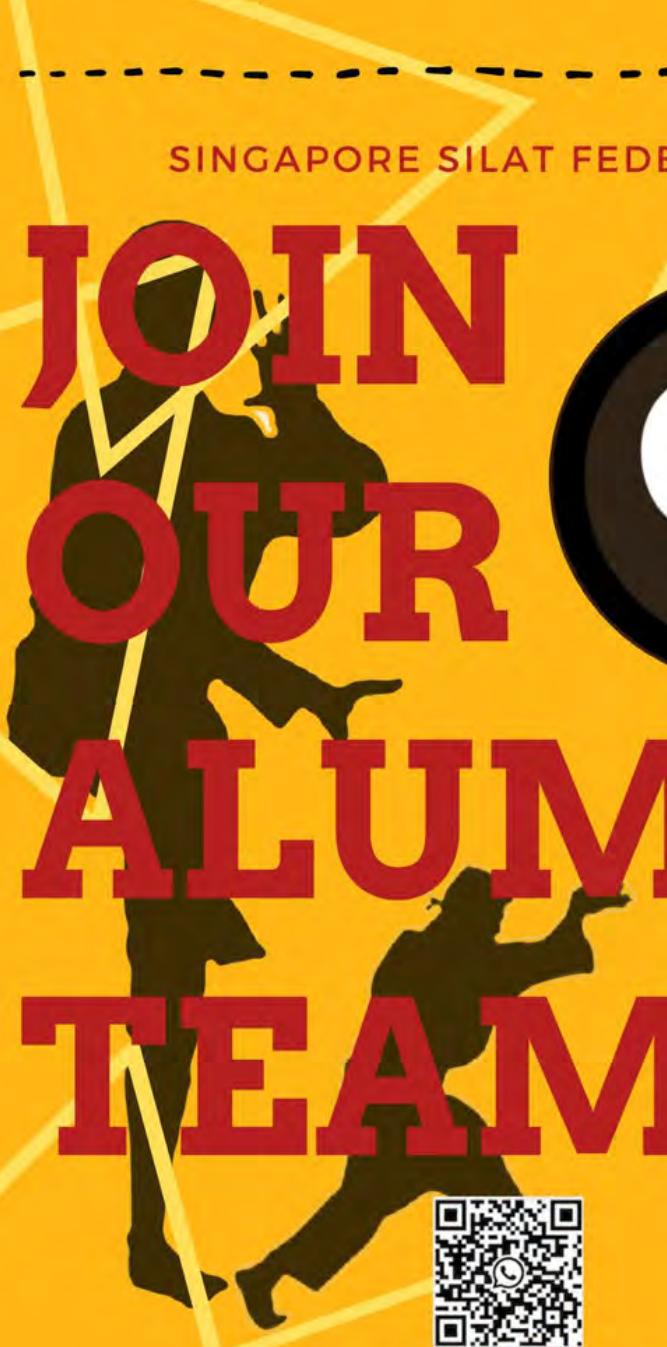
With the hopes and dreams that I see in every athlete, and the strong determination that the coaches and support staff in the federation has shown, and of course with the great heights that SSF has achieved thus far, I believe the Olympics is where Pencak Silat should be.

Let's work together to get Silat into the Olympics!



RECRUITMENT: SILAT ALUMNI

SINGAPORE SILAT FEDERATION



**JOIN
OUR
ALUMNI
TEAM**



INSPIRE DEDICATE ASPIRE

For more enquiries, contact us at: +65 6282 2316 or ssf@persisi.org

 **ONE
SGSILAT**

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INSTAGRAM: WWW.INSTAGRAM.COM/SGSILAT
YOUTUBE: WWW.YOUTUBE.COM/SSF



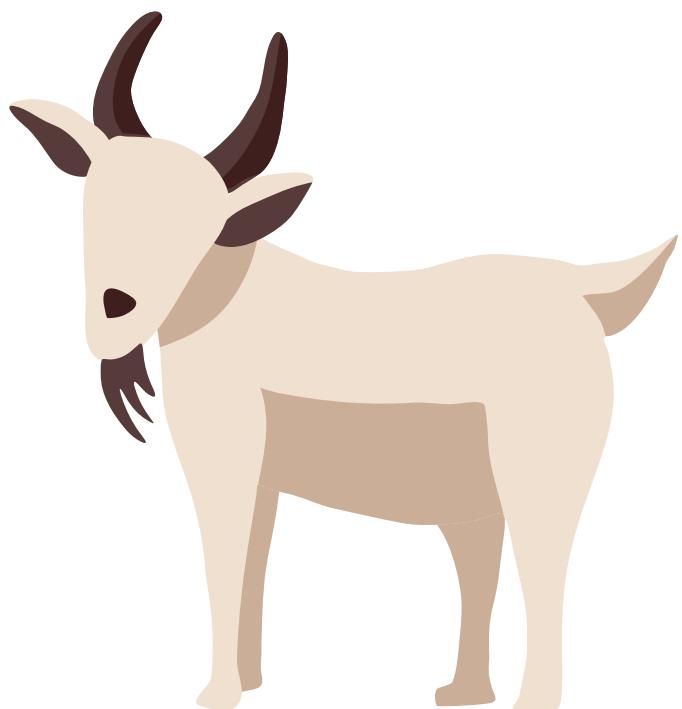
FUNDRAISING: QURBAN & AQIQAH 2022

Singapore Silat Federation will be in partnership with El-Malja in offering the services on Qurban and Aqiqah for year of 2022.

For those who have trusted and chose us to carry out the task in arranging for your Qurban/Aqiqah act (*ibadah*) for the past two years, we truly appreciate and are grateful for your support! We are looking forward to accommodating your orders for your Qurban/Aqiqah once again this year.

Additionally, this is also part of another fundraising initiative for Singapore Silat Federation in aiding for our National Athletes' future programmes and our youth development.

Orders can be done through the QR code below, and orders close on the 2nd of July 2022, Saturday.



QURBAN & AQIQAH

2022



ONE
SGSILAT



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TOYA
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ONESGSILAT
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**One Sgsilat
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**One Sgsilat
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**One Sgsilat
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you can send an email to fidzah@persisi.org.

VISIT BY PARLIAMENTARY SECRETARY, MCCY: MR ERIC CHUA

A visit was made by the Parliamentary Secretary, Ministry of Culture, Community and Youth & Ministry of Social and Family Development, Mr. Eric Chua, to our official training grounds at the OCBC Arena on the 6th of May 2022.

Mr. Eric Chua is not foreign to our training hall, however this time, he managed to don the full Silat attire to try out our sport!

Guided by our athletes and coaches, Mr. Eric Chua threw some strong kicks and punches during the training session, as well as some artistic Silat moves with our champions!





Photo credits to Sia Kian Teck



Photo credits to Jupong



COLLABORATION: SINGAPORE SILAT FEDERATION & N CLAN PTE LTD

A collaboration between Singapore Silat Federation and N Clan Pte Ltd, which is owned by Mr. Hamzah.

Mr. Hamzah was inspired by Dr Sheik Alau'ddin, and started NC Klub, a newly incorporated gym here in Singapore.

A ceremonial Handing Over Ceremony was held at the official Pencak Silat training grounds, at the OCBC Arena, to handover the training gear for the National Silat Athletes.



SILAT BOSS APPRECIATION NIGHT

As an appreciation ceremony for the 31st SEA Games team, Boss Production organized a Silat Boss Appreciation Night for our athletes and team officials on the 27th of May 2022 at Kampung Siglap.

Boss Production presented CEO Dr Sheik Alau'ddin Yacoob Marican, PBM with a cash token of S\$5,000 for the success that the team has brought back from the 31st SEA Games.

The casual Friday night hang ended on a good note with guest performances by Shukor Jalil, Maiya Rahman, Andri Darwisy, and hosted by Emcee Rakeen Rashid.





Silat Boss Night

27 May 2022

7.30pm - 9.30pm

KAMPUNG SIGLAP

10 LASALLE STREET 456933 (ENTRANCE VIA 55 SIGLAP PLAIN)

Performances by :



Shukor
Jalil



Maiya
Rahman



Andri
DarwiSy



Emcee/Host
Rakeen Rashid

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GAME ON!

TCOABM

— — — — —
2 7

HAOCC

— — — — —
4

TCTIRSAI

— — — — — —
8 9

NZBERO

— — — — — —
5 6

TLASI

— — — — —
1 3

1	2	3	4

5	6	7	8	9

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**STAND A CHANCE TO WIN OUR LIMITED EDITION SG SILAT
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ISSUE OF SILAT UNCUT

OWNS AT LEAST 3 SSF EVENT T-SHIRTS	KNOWS THE STEPS TO THE SENI TUNGGAL ROUTINE	PLANNING TO GATHER WITH THE BIG FAMILY THIS RAYA	BIRTHDAY IN MAY	SUBSCRIBES TO SGSIAT ON YOUTUBE
CAN PLAY MORE THAN 1 SPORT	KNOWS THE NAME OF EACH WEAPON USED IN SILAT	FOLLOWS @SGSIAT ON TIKTOK	VOLUNTEERED FOR AN EVENT WITH SSF	WON A MEDAL AT A LOCAL OR OVERSEAS SILAT COMPETITION
HAS NEVER BROKEN A BONE	CAN SPEAK ANOTHER LANGUAGE OTHER THAN ENGLISH	FREE SPACE	ATTEMPTED A SCISSORS TECHNIQUE	LIKES ACTION MOVIES
ATTEMPTED A FLYING KICK	SUPPORTED AT LEAST ONE FUNDRAISING EFFORT BY SSF	TRAVELED OVERSEAS FOR A SILAT COMPETITION	KNOWS SOMEONE WHO IS IN THE SINGAPORE SILAT TEAM	OWNS AN SG SILAT FACE MASK
FOLLOWS @SGSIAT ON INSTAGRAM	LOOKING FORWARD TO SUPPORT THE SILAT ATHLETES AT THE 31ST SEA GAMES	ATTEMPTED A BACKFLIP	WATCHED SHEIK FARHAN'S MATCH	TUNED IN TO ONE OF THE LIVE TALK SHOW SESSIONS BY SSF

NURUL YULIANA
Singapore

ANISA
Singapore

OWNS AT LEAST 3 SSF EVENT T-SHIRTS	KNOWS THE STEPS TO THE SENI TUNGGAL ROUTINE	PLANNING TO GATHER WITH THE BIG FAMILY THIS RAYA	BIRTHDAY IN MAY	SUBSCRIBES TO SGSIAT ON YOUTUBE
CAN PLAY MORE THAN 1 SPORT	KNOWS THE NAME OF EACH WEAPON USED IN SILAT	FOLLOWS @SGSIAT ON TIKTOK	VOLUNTEERED FOR AN EVENT WITH SSF	WON A MEDAL AT A LOCAL OR OVERSEAS SILAT COMPETITION
HAS NEVER BROKEN A BONE	CAN SPEAK ANOTHER LANGUAGE OTHER THAN ENGLISH	FREE SPACE	ATTEMPTED A SCISSORS TECHNIQUE	LIKES ACTION MOVIES
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20TH ANNIVERSARY OF KILAT SENJATA LIGHTNING ARNIS S'PORE

On the 31st of May 2022, Dr. Sheik Alau'ddin Yacoob Marican, PBM was invited by Mark Roche, the Chief Instructor of Kilat Senjata - Lightning Arnis Singapore to celebrate the organization's 20th anniversary at the TCC Hall in Tanglin Community Club.

With dinner refreshments, the event was held to recognize the original pioneer students who joined back in 2002 and in conjunction with the promotion ceremony for their 7th batch of Black Belts.





FEATURES

14

Berita Harian | Selasa, 3 Mei 2022

SALAM AIDILFITRI

Demi Sukan SEA, pesilat tidak ikut keluarga Raya di Melaka

► ERVINA MOHD JAMIL
ervinamj@sph.com.sg

APABILA Covid-19 mula menular dua tahun lalu, atlet silat negara, Nur Azlyana Ismail, rasa bingung dan dibelenggu pelbagai cabaran.

Ini antara lain disebabkan pelbagai pertandingan dan acara yang ditunda serta persiapan yang terpaksa diambil terhadap latihannya.

"Saya bergiat dengan pasukan nasional sejak dari jahar lima dan sudah biasuk membuat persiapan bagi pertandingan dan acara seni di luar negara.

"Apabila semuanya tiada selama dua tahun ini, ia boleh menjelaskan keshatahan mental juga."

"Sebagai atlet, saya tak pasti apakah matlamat saya ketika itu, saya tak tahu bila Sukan SEA dan Kejohanan Dunia seterusnya akan diadakan, jadi saya berlatih untuk apa?" ujar Nur Azlyana, 24 tahun, yang akan bertanding dalam kategori Seni Ganda Puteri di Sukan SEA di Hanoi, Vietnam, dari 12 hingga 23 Mei.

Digandingkan dengan pasangan yang baru selepas pasangannya sebelum ini meninggalkan skuad negara pada Mac 2020, beliau

pada mulanya juga khawatir sama ada beliau boleh bersama dengan pasangan barunya itu, lebih-lebih lagi apabila mereka hanya boleh berlatih secara dalam talian menerusi Zoom semasa tempoh pemutus rantaian jangkitan selama sekitar dua bulan pada 2020.

Akhirnya, beliau memutuskan untuk berhenti menghadiri latihan selama tiga hingga empat bulan.

Ketika itu, Nur Azlyana yang sedang mengikuti pengajian ijazah bidang penerbangan Universiti RMIT di Institut Pengurusan Singapura (SIM) juga mula bekerja sambilan dalam bidang jualan dan pemasaran.

Namun, anak bongsu daripada keluarga tiga beradik itu tetap merasakan kekosongan dalam jiwanya.

"Saya mahu mengalihkan tumpuan saya (daripada silat) tetapi saya rasa ada yang masih tidak lengkap."

"Saya ingat lagi semasa Hari Raya tahun lalu, seorang rakan sepasukan saya ajak saya keluar makan dan mengingatkan saya bahawa masih ada orang yang yakini akan kebolehannya," ujarnya.

Ini membekar semangatnya untuk kembali berlatih.

"Apabila saya kembali, saya tahu apa yang saya mahukan. Saya mahu kembali berlatih dengan pasangan saya dan memberi kami peluang untuk mencuba."



TETAP CERIA: Cik Azlyana (*duduk, palang kanan*) bersama keluarga termasuk ibu, kakak dan anak saudara tetap ceria meskipun Cik Azlyana akan berangkat ke Vietnam dalam beberapa hari untuk bertanding dalam Sukan SEA. – Foto BH oleh KHALID BABA

"Dengan banyak sekatan yang kini dilonggarkan, kami juga teruja untuk menyertai pertandingan antarabangsa bersama pada masa akan datang," kata Nur Azlyana.

Sukan SEA akan datang sememangnya amat bermakna bagi beliau dan pasangannya, Sharifah Shazza Samsuri, 22 tahun.

Ini merupakan kali pertama Sharifah Shazza menyertai Sukan SEA dan kali pertama beliau bertanding dalam kategori Seni Ganda Puteri di peringkat antarabangsa.

"Saya gembira dipilih bertanding di Sukan SEA dan ini amat bermakna bagi saya kerana saya telah banyak berkorban untuk berada di kesudahan ini."

"Semasa pandemik, kami juga menyertai beberapa pertandingan menerusi dalam

talian dan ini memberikan saya pendekahan serta pengalaman untuk mempersiapkan bagi pertandingan lebih besar," ujarnya.

Meskipun beliau pernah bertanding dalam Sukan SEA sebelum ini dan pernah meraih pingat perak semasa Sukan SEA di Malaysia pada 2017, Nur Azlyana pulak berlakukannya Sukan SEA tahun ini amat penting bagi dirinya kerana ini peluang bagiinya memaini peisangnya di gelanggang selepas sudah lama tidak berternanya mereka.

"Dua tahun sudah berlalu... mereka mungkin telah mengubah langkah atau beraturkan pasungan seperti saya, jadi tentunya Sukan SEA kali ini akan menjadi pengalaman membuka mata bagi saya," ujar beliau.

Nur Azlyana tidak bertanding dalam Sukan SEA 2019 di Filipina kerana kategorinya tidak diperlombakan ketika itu.

Oleh itu, beliau ghairah bertanding di Sukan SEA akan datang, meskipun beliau akan berangkat ke Hanoi pada hari keenam Hari Raya.

"Sedih sikitlah kerana ibu bapa saya balik kampung untuk beraya dengan nenek saya di Melaka tahun ini."

"Dah dua tahun saya tak dapat jumpa nenek dan tahun ini apabila sekatan sudah dilonggarkan dan kami boleh beraya bersama-sama, saya tidak boleh bersama keharungan putra."

"Tapi ini pengorbanan saya dan saya bersyukur keluarga saya turut memberi sokongan," ujarnya sambil menambah, beliau merancang melawat neneknya selepas Sukan SEA nanti.

3 May 2022, Berita Harian, Demi Sukan SEA, pesilat tidak ikut keluarga Raya di Melaka, Pg 14

Lebih separuh atau 12 daripada 20 pesilat dalam skuad Sukan SEA Singapura tahun ini akan bersaing buat pertama kali di temasya sukan dwitahunan berprestij itu. BERITA HARIAN bertemu dengan empat daripada pesilat itu di OCBC Arena baru-baru ini untuk menyakap perjalanan mereka ke Sukan SEA sebelum pasukan negara berangkat ke Hanoi pada Sabtu ini.

Pesilat muda bersemangat harungi cabaran Sukan SEA



MAHU BUKTIKAN BAKAT: Hazim (kiri) dan abangnya, Haziq, akan mewakili Singapura dalam acara seni ganda putera di Sukan SEA Hanoi mulai pertengahan bulan ini.

Nazurah sahut cabaran tanding dalam acara baru



MAHU UKIR NAMA DI PENTAS BESAR: Selepas bersaing di Sukan Asia dan Kejohaman Pencak Silat Sedunia pada 2018, Nazurah akan membuat penampilan sulungnya di Sukan SEA di Hanoi.

Belau sebelumnya bertanding dalam acara seni regu puteri.

Ghairah untuk beraksi di Sukan SEA, pemandu sanggat perak dalam acara seni regu puteri di Kejohaman Pencak Silat Sedunia 2018 di Singapura itu berkata:

"Bertanding solo amat berbeza. Anda seorang diri di dalam arena dan hanya mempunyai diri anda sendiri."

"Dari segi mental, ia kekal sama. Tapi, secara fizikal, ia lebih mencabar kerana acara seni tunggal memerlukan tahap kecergasan yang lebih tinggi dan ada elemen senjata."

Nazurah berpeluang menguji ketekalaksannya dalam acara baru itu di bawah naungan Persekutuan Silat Asia Tenggara yang berlangsung di Singapura hujung Februari lalu.

Belau menang pingat perak dalam acara seni tunggal puteri senior, selepas kalah tipis kepada pesilat Malaysia, Nur Syafiqah Hamzah, dengan 9.895 mata.

"Ia adalah pertandingan pertama saya dan saya tidak mahu me-

bertekad mempercikmasan lagi bersamaan di Sukan SEA Hanoi.

Belau sasar membawa pingat emas untuk Singapura.

"Ia sentiasa menjadi impian saya untuk mencapai semua tahap tertinggi sukan ini dan mengukir nama saya sendiri," Kongsi Nazurah, yang pertama daripada keluarga empat beradik silat untuk di Sukan SEA dan masih lagi aktif dalam sukan itu.

"Walapun ini kali pertama saya ke Sukan SEA, saya tetap mahu meraih pingat emas," tambahnya. — ZULAIQAH ABDUL RAHMAN



BERSEMANGAT: (Dari kiri) Aniq, Nazurah, Haziq dan Hazim adalah sebahagian daripada pasukan negara yang bakal membuat penampilan pertama mereka di Sukan SEA tahun ini. — Foto-foto BH oleh MOHD KHALIB BABA

Pasangan adik-beradik kembali dari 'bersara' demi negara

Sheik telefon dan ingin kini masuk balik dalam silat.

"Kami terkejut sebab kami memang telah buat keputusan untuk tidak bertanding lagi. Kami sudah penat... dan cuba muat seni baru, selain stukung dengan kegiatan lain..."

Namun selepas berbincang, Sheik kembali ke gelanggang selepas dua tahun bersih. Bapa mereka muenjadi motivasi kuat untuk Hazim dan abangnya berusaha gigih.

"Ini adalah satu-satunya peluang untuk kami beraksi bersama dan mencipta sejarah untuk keluarga kami."

"Kami ingin buktikan kepada mereka yang meragu bakat bahawa kami boleh berjaya," kata Hazim, yang berjaya dalam silat pada usia empat tahun. Bapa mereka, Mohd Zaqri Mohd Ali, adalah bekas pesilat dan kini masih di wajah.

"Bapa saya menelefon saya pada waktu pagi dan ketika itu, saya masih lagi tidur. Dia kata 'Uncle

ta jasit, belau akan terfikir tentang kami. Belau kita belau dapat lihat kami bersinggah di kejohaan besar. Jadi ini adalah impianya," tambah Haziq.

Kepulangan mereka dalam arena silat menjadikan lebuh rancas dengan Haziq. Hazim diambilkan berdasarkan bantuan pertama kali.

"Itu rasa seseh," kata Hazim, saman membangkitkan "pengabdahan manja" mengensi silat antara adik-beradik itu juga sudah menjadi perkara biasa.

Keakrabran ini ditolok oleh di Kejohaan Pencak Silat Asia Tenggara pada lewat Februari lalu di Singapura ketika mereka meraih pingat emas dalam acara seni tunggal putera senior dengan pungutan 9.75 mata. Kategori itu bagiawalan pada saingan lain.

Namun, perjalanan mereka ke kejohaan itu punpun tak duri. Mereka hanya mempunyai lapan hari untuk membuat persiapan sejak mendapat undangan itu.

Haziq, yang bertugas sebagai du-

ta jenama sebuah gimnasium dan juruteknik basikal, cedera akibat malangan motosikal. Beberapa bahagian badannya cedera,

namun dia berlatih dan beraksi di dalam arena.

Sid akhir pulna, yang kini di tahun akhir jurusan kejuruteraan elektrikal dan kawalan kuasa Nitec di Kolej Timur ITE, sedang sibuk dengan latihan kerja sambil belajar dan terpaksa mencari masa untuk berlatih.

"Terus terang, kami agak tertekan (dengan situasi itu). Tapi, kami tidak dan teruskan juga berlatih dengan gigih," kongsi Haziq.

Di sebalik cabaran yang dilulus sepanjang perjalanan mereka ke Sukan SEA ini, Haziq dan Hazim bertekad membawa pulang kejayaan dengan sebutu pingat dari Hanoi nanti.

"Tidak kiralah warna pingat... tapa jika kami berjaya mendapat pingat emas, itu mungkin sudah rezeki kami," tambah Hazim.

Aniq dapat inspirasi dari pencapaian cemerlang dua kakaknya

INGATANNYA menyusur Sukan SEA 2019.

Berada di tempat duduk penonton, Aniq Astri Mohd Yazid tak hensti-henti bersorak, memberi semangat kepada kakaknya, pesilat Nurzurah, yang berjaya dalam acara silat di temasya yang berlangsung di Subic, Filipina.

Dua setengah tahun kemudian, siapa sangka Aniq berahlia di 'tempat duduk penonton' untuk melangkah masuk dan beraksi di gelanggang di temasya sukan dwitahunan itu.

Pesilat muda berusia 16 tahun ini bakal membuat penampilan sulungnya di Sukan SEA di Hanoi bulan ini. Belau akan bersaing dalam acara silat putera kelas B (50-55 kilogram).

Polajar Menengah 5 di Sekolah Sukan Singapura itu juga adalah pesilat termuda dalam skud Singapura di Sukan SEA tahun ini.

"Saya tidak pernah membayangkan diri saya akan ke Sukan SEA sebab ia adalah sesuatu yang amat bermakna sekali," kata Aniq, anak bongsu daripada keluarga tiga beradik silat.

"Kakak saya kehilangan usaha untuk mencapai lokasi gred di dalam lalu, saya ada simpan hasil untuk bertanding di Sukan SEA suster harti nanti. Dan sekarang saya sudah berjaya ke Sukan SEA, sukar untuk saya menggambarkan perasaannya."

Aniq, yang mula berjink-jink dalam silat sebab walaupun kira-kira usia empat tahun, terlalu terlalu besar ke atas diri sendiri.

"Pastinya, saya rasa kecewa sebab di akhir rutin, saya mula rasa kepentingan dan ia kefara semasa persembahan saya itu. Tapi itulah hakikatnya," katanya, yang mencebur buri silat seawal usia tujuh tahun dan pernah juga bersaing dalam acara silat.

"Walapun ini kali pertama saya ke Sukan SEA, saya tetap mahu meraih pingat emas," tambahnya.

Seorang lagi kakaknya, Nur-



SASAR KEJAYAAN: Aniq akan membuat penampilan sulungnya di Sukan SEA di Hanoi dalam acara tanding putera kelas B (50-55 kilogram).

zianah, adalah pesilat pingat emas dalam acara seni tunggal di Kejohaan Pencak Silat Sedunia 2018 dan setahun kemudian, menang pingat gongsa dalam acara tanding kelas C (55-60 kilogram) di Kejohaan Pencak Silat Pantai Selatan.

"Sayalah budak yang sering mengikut kakak-kakak ke mana sajapun mereka pergi. Dulu, dia hanya melihat mereka bertanding dan menang banyak pingat, itu yang buat saya ingin menjadi seperti mereka dan mencapai tahap mereka," kongsi Aniq.

Aniq juga tidak kurang hebat-

nya melakuk latihan kejayaan sendiri selepas melulus tahunan cemerlang pada 2019 — meraih pingat emas dalam acara tanding kelas D (60-65 kilogram) junior di Kejohaan Pencak Silat Antarabangsa Korea, Terbuka Belgium, Terbuka Amerika Syarikat dan Terbuka Singapura.

Di Hanoi bulan ini, Aniq berharap untuk memperbaiki namanya Singapura sekali lagi.

"Pastinya saya ingin pingat emas... apapun jika berjaya menduduki antara di tempat teratas tentu satu pencapaian besar buat saya," tambah belau.



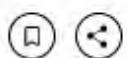
SUKAN

Sukan SEA: Pesilat S'pura Muhammad Iqbal raih markah tertinggi, yakin dapat ke peringkat akhir

Anggaran Waktu Membaca: 3 min



Gambar: meWatch



HAKIM IRWAN

Diterbitkan : 10 May 2022 04:14PM | Dikemas Kini : 10 May 2022 06:35PM

10 May 2022, Berita Mediacorp, Sukan SEA: Pesilat S'pura Muhammad Iqbal raih markah tertinggi, yakin dapat ke peringkat akhir





SUKAN

Sukan SEA: Pesilat seni S'pura sumbang 2 gangsa; dalam landasan sumbang 2 emas buat negara

Anggaran Waktu Membaca: 4 min

**HAKIM IRWAN**

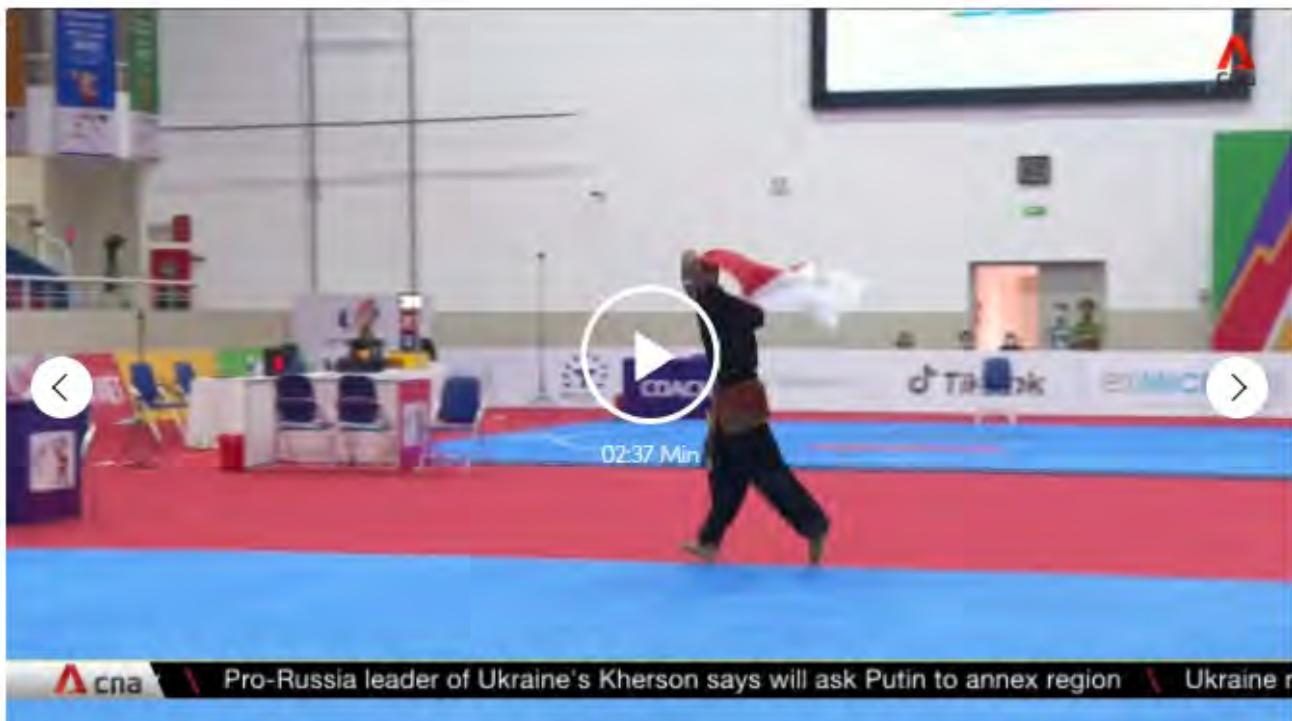
Diterbitkan: 10 May 2022 11:07PM | Dikemas Kini: 10 May 2022 11:07PM

10 May 2022, Berita Mediacorp, Sukan SEA: Pesilat seni S'pura sumbang 2 gangsa; dalam landasan sumbang 2 emas buat negara

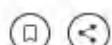


Sport

Silat exponent Iqbal wins Singapore's first gold at 31st SEA Games



Iqbal Abdul Rahman silat won the artistic men's tunggal (singles) finals at the 31st SEA Games in Hanoi, Vietnam on Wednesday (May 11). This was Iqbal's first SEA Games gold and Singapore's first gold at this edition of the Games. Alif Amsyar reports.



[Matthew Mohan](#)

11 May 2022 11:17AM | (Updated: 11 May 2022 10:56PM)

11 May 2022, Channel News Asia, Silat exponent Iqbal wins Singapore's first gold at 31st SEA Games





新闻 | 体育

马来武术名将伊克巴尔第六次出战 为我 国摘下东运首金

订户

来自 / 联合早报

文 / 刘安远

发布 / 2022年5月12日 5:00 AM



2018年世界锦标赛冠军伊克巴尔获胜后，披上国旗激动庆祝。 (新加坡体育理事会提供)

12 May 2022, Lianhe Zaobao, 马来武术名将伊克巴尔第六次出战 为我国摘下
东运首金



[Home](#) > வாழ்வும் வளமும் > சிங்கப்பூருக்கு முதல் தங்கம்

சிங்கப்பூருக்கு முதல் தங்கம்



தமது வெது முயற்சியில் தங்கப் பதக்கம் வென்ற சிங்கப்பூர் சீலாட் விளையாட்டாளர் இக்பால் அப்துல் ரகுமான். படம்: ஸ்ட்ரெய்ட்ஸ் டைம்ஸ்

12 May 2022 05:30

12 May 2022, Tamil Murasu, சிங்கப்பூருக்கு முதல் தங்கம்



[Terkini](#)[Covid-19](#)[Podcast](#)[Video](#)[Langga](#)[Sukan](#)[Alkes Percuma](#)

Srikandi silat SG Suhaila bukan lagi 'ratu gangsa'

NURUL SUHAILA SILAT



ZULAIQAH ABDUL RAHIM

May 18, 2022 | 05:30 AM



Dapatkan artikel ini untuk diterbitkan semula



EMAS BERHARGA: Reaksi Suhaila selepas memenangi final acara tanding puteri kelas E di Gimnasium Bac Tu Liem kelmarin. - Foto BH oleh JASON QUAH

18 May 2022, Berita Harian, Srikandi silat SG Suhaila bukan lagi 'ratu gangsa'



[Terkini](#)[Covid-19](#)[Podcast](#)[Video](#)[Langga](#)[Sukan](#)[Akses Percuma](#)

Taruhan pesilat hasilkan persembahan terbaik

*sheik Alau'ddin**sea games*

May 18, 2022 | 05:30 AM



Dapatkan artikel ini untuk diterbitkan semula



Sheik Alau'ddin Yacoob Marican.

18 May 2022, Berita Harian, Taruhan pesilat hasilkan persembahan terbaik





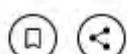
SUKAN

Pesilat negara Suhaila, Iqbal bangga raih pingat emas - kini buat persiapan untuk Kejohanan Silat Dunia

Anggaran Waktu Membaca: 3 min



Setiap kali merasa keperitan dan keletihan semasa latihan dan pertandingan, srikandi negara Nurul Suhaila Mohd Saiful cuba memujuk dan meyakinkan dirinya bahawa usahanya ini semua akan menjadi berbaloi satu hari nanti.



NAZIRAH NURFATIN JAMZURI

Diterbitkan : 24 May 2022 09:29PM | Dikemas Kini : 24 May 2022 10:37PM

24 May 2022, Berita Mediacorp, Pesilat negara Suhaila, Iqbal bangga raih pingat emas - kini buat persiapan untuk Kejohanan Silat Dunia



Silat: SEA Games coach Romadhon, 34, dies after road accident in Bali



Coach Mochammad Ichsan Nur Romadhon was on holiday with his family following the Games' conclusion on May 23. PHOTO: SGSILAT/FACEBOOK

29 May 2022, The Straits Times, Silat: SEA Games coach Romadhon, 34, dies after road accident in Bali



Sukan 

Sheik ke Indonesia Sabtu untuk hulur derma dikumpul kepada balu Allahyarham

ROMADHON COACH

SILAT

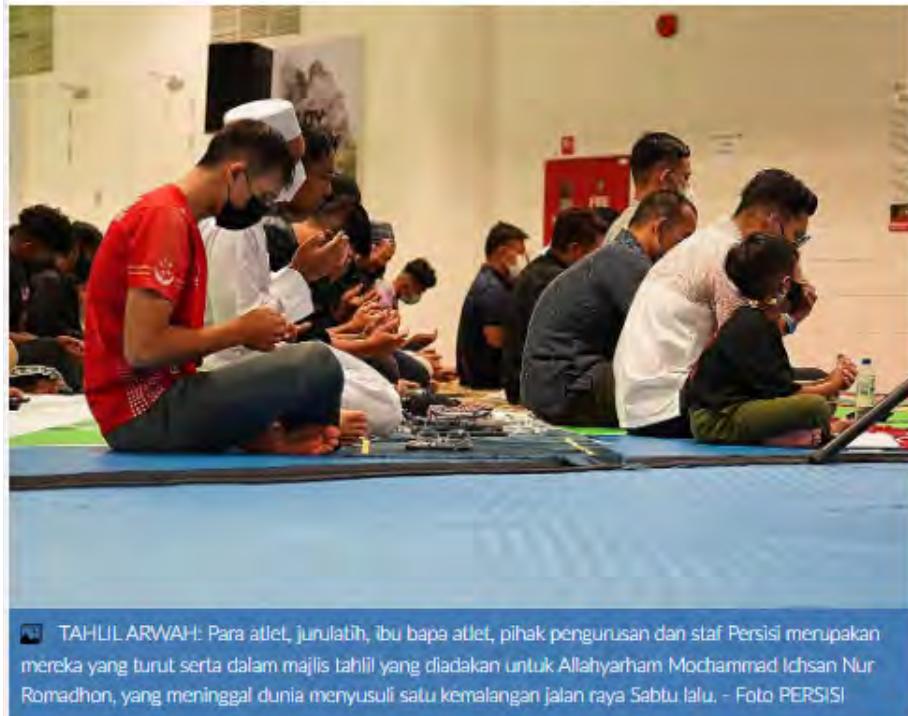


FARID HAMZAH

Jun 01, 2022 | 05:30 AM



Dapatkan artikel ini untuk diterbitkan semula



TAHLIL ARWAH: Para atlet, junlatih, ibu bapa atlet, pihak pengurusan dan staf Persisi merupakan mereka yang turut serta dalam majlis tahlil yang diadakan untuk Allahyarham Mohammad Ihsan Nur Romadhan, yang meninggal dunia menyusul satu kemalangan jalan raya Sabtu lalu. - Foto PERSISI

1 June 2022, Berita Harian, Sheik ke Indonesia Sabtu untuk hulur derma dikumpul kepada balu Allahyarham

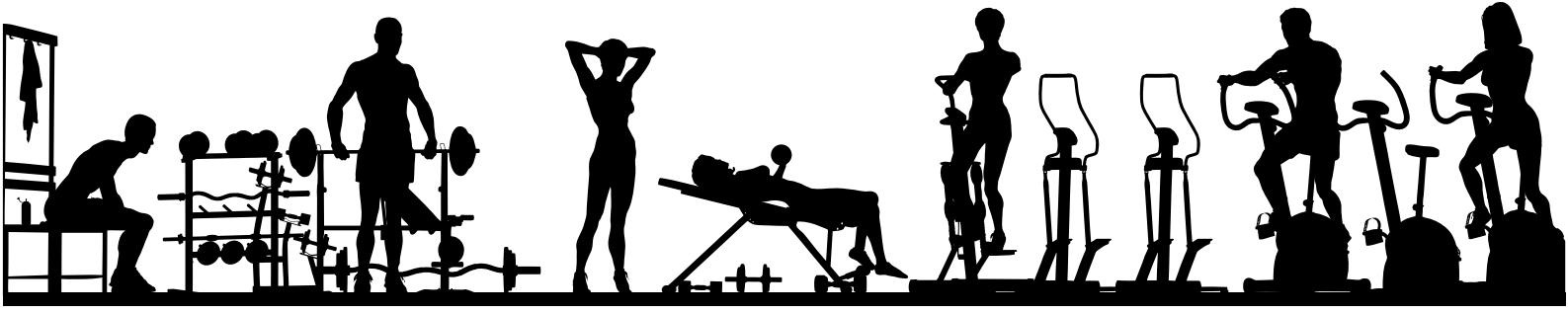


COLLABORATION: SINGAPORE SILAT FEDERATION X ANYTIME FITNESS

Singapore Silat Federation (SSF) is in collaboration with Marsiling Anytime Fitness (AF), with our CEO and a few of our National Athletes as ambassadors!

For anyone who signs up under SSF, the joining fee will be donated to SSF under the name of Marsiling AF. Members will also be able to utilize any Anytime Fitness gyms islandwide and worldwide!

Stay tuned for more updates on the collaboration on our future Silat Uncut issues and social media platforms!



4TH UNESCO-LISTED MARTIAL ARTS PROMOTION COMMITTEE MEETING & FESTIVAL: SHIRAZ, IRAN

The 4th UNESCO-Listed Martial Arts Promotion Committee Meeting & Festival was held in Shiraz, Iran. Organized by the International Zurkhaneh Sports and Koshti Pahlavani Federation (IZSF), all members of the committee was invited to this meeting for four days and three nights from the 18th to the 21st of May 2022.

This year's agenda at the meeting was to discuss a way of linking the committee's activities to UNESCO or UNESCO's priority Traditional Sports and Games activities. The event schedule also includes a tour of the city of Shiraz along with the meeting.







FACE OF THE MONTH: MUHAMMAD NURSHAHFAREEQ SHARUDIN

I am Muhammad Nurshahfareeq, a National Silat Athlete and I am also currently studying. Besides Silat, I also like to play video games, go trekking and recently, I picked up the guitar.

My journey with Silat started when my parents would bring me along for both my siblings' training. When I was 4, they eventually signed me up as well, and that was with Perguruan Silat Seni Grasio.

Naturally as a kid, I felt excited, happy and enjoyed each training session because I really had so much fun.

For me, what drives me to do Silat till this day is the passion that I have for it. At the same time, it also helps me to keep physically and mentally fit.

This also helps me to look forward to each training session because of the knowledge, skills and techniques that I get to learn from my coaches.





All in all, my main motivation to continue in this sport is the challenge of the competitions that I go through.

Having to be able to reach new personal levels, improve on my skills, the exploration of my own potential and eventually becoming a World Champion and a SEA Games Gold medalist, which will make my family, my country and the Singapore Silat Federation proud.

I like being a part of the National team because the training, bonding and the opportunity helps me to grow and excel in Silat.

With that, some of my best achievements include winning the gold medal at the 7th Singapore Open Pencak Silat Championship and the Bali International Championship, both in 2019.

For me, the best part about competing is the fact that I am able to put all that I have learned during the training sessions into the arena, and standing 1st on the podium.



In preparation for every competition that I go through, I always prepare my mind and body to trust in my skills. I also make it a point to focus on execution or the process, and not the results.

Getting myself to stay in the moment and not think too far ahead is also something that is important for me.

Now that the competitions are picking up, I want to be able to win more gold medals and especially in the major competitions.

With my powerful punches and kicks, I believe that my own ability, skills and experience will help me achieve that goal.

In terms of the support that I get, my parents are the pillars of my strength. They are the ones who never fail to give me their fullest support.

Endless encouragement and motivation are always received from them and without fail, they will always watch me compete and after that we will sit together to review my fights.

I feel so lucky to have such supportive family members.



One quote that I always live by is to "follow your way and never give up." Whenever I want to attempt an execution, I will follow my instinct but if it does not work on me, I tell myself that I should not give up and continue to try again.

Through my years in Silat thus far, if there was one thing that I can say to the younger athletes, is to never lose interest on whatever you are doing. Do not be discouraged if you do not achieve what you aim for.



Keep trying and do not give up. It does not matter if you keep on falling again and again, what matters is whether you will get back up.

I believe that if one trains hard and smart, the day that he or she tastes the sweetness of success will eventually come.

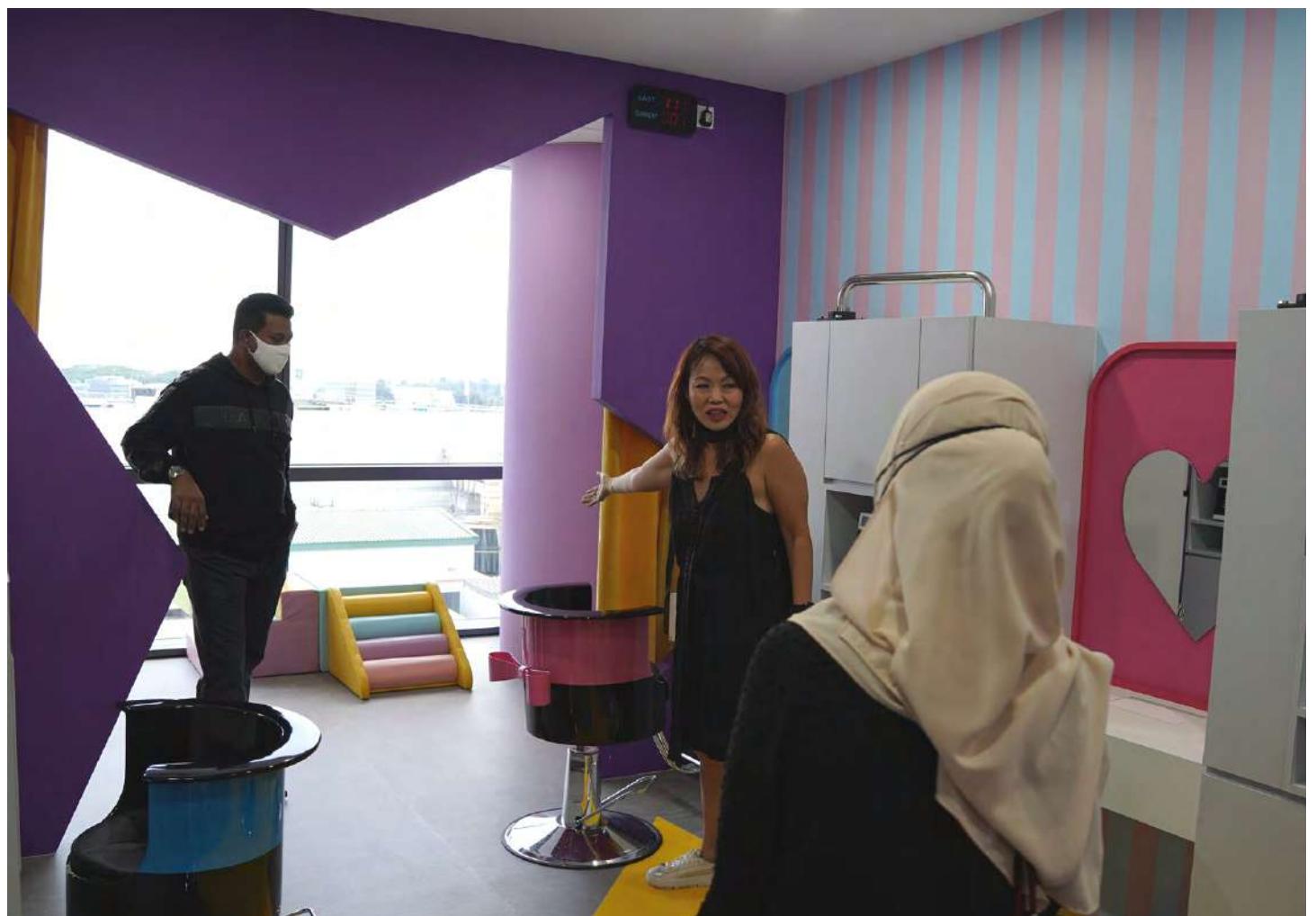
Same goes for me, I want to achieve the gold medal in the World Championship and SEA Games for now, and when Silat goes to the Olympics, then it will be a gold medal for that too.

MEETING WITH SWEVEN COMPANY

On the 27th of May 2022, Singapore Silat Federation sat down with Sween Company, with Qiren Organisation, to talk about the a possible collaboration that is coming our way.

Benefiting everyone, not only in the Silat community, we are looking forward to announce on the collaboration very soon!

Keep a look out for more updates on future Silat Uncut issues and social media updates!





SPORTSCOLLECTIVE



SportsCollective, co-founded by Singapore Silat Federation's CEO, Dr Sheik Alau'ddin, alongside Alfred Lye, is a platform that will allow fans of local sports to hold Non-fungible Tokens (NFTs) curated by their favourite sports athletes. This will be launched in mid-February.

With the objectives of generating income and improving the interactions between the athletes and fans, the NFTs will be made available in forms such as super-fan badges, iconic sports moments, portraits of the athletes, and many more.

Some of the athletes who have joined SportsCollective include our very own World Champions; Sheik Farhan, Sheik Ferdous and Nurul Suhaila.



Find out more about SportsCollective by scanning the QR code!

FOR MORE READING ON NFTS:

Asia

Indonesian student's selfies fetch US\$1 million in NFT sales



14 Jan 2022 10:55PM
(Updated: 14 Jan 2022 10:55PM)

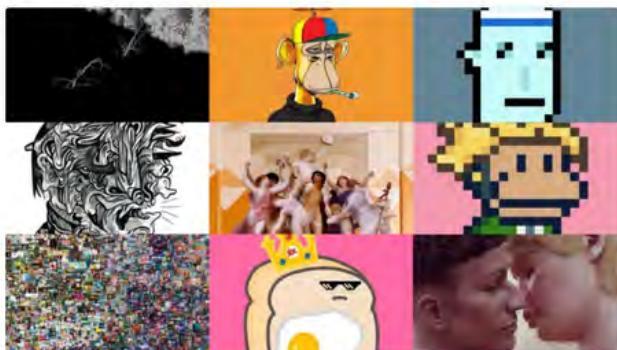


Sultan Gustaf Al Ghazali took a picture of himself sitting in front of his computer almost every day over the last five years.

Singapore

IN FOCUS: Opportunities and risks? Singapore creators ride NFT wave as new source of income

More local artists are entering the NFT space, drawn by the novelty of the medium and potential new income streams as they look to sell their work. As buyers hop on the bandwagon too, CNA explores the trend – and the pitfalls to beware of.



Non-fungible tokens have exploded in popularity in the past year (images: Jonathon Liu, Yuga Labs, Larva Labs, Speck Cryptic, The Next Most Famous Artist, Solland Monkey Business, Beeple, Chanel Lee, Shavonne Wong)

Cheryl Lin @CheryLinC6

29 Jan 2022 05:00AM
(Updated: 29 Jan 2022 09:12AM)



Technology
Crypto

Tom Brady's NFT Startup Gets \$170 Million in Silicon Valley Funding

- Autograph closed Series B co-led by a16z, Kleiner Perkins
- Startup partners with athletes to create digital collectibles



LIVE ON BLOOMBERG
[Watch Live TV >](#)
[Listen to Live Radio >](#)



Tom Brady Photographer: Andy Lewis/Icon Sportswire/Getty Images

By Yueqi Yang
January 20, 2022, 5:02 AM GMT+8

#OUTOFARENA



#OUTOFARENA is an effort to promote the sport and the people involved in the Silat community in Singapore via video content on our YouTube channel, as well as our Social Media platforms.

Keep your eyes peeled for more fun and exciting content on our YouTube channel and our TikTok as well!



Singapore Silat Federation



sgsilat

SPORTS SCIENCE & SILAT

COMPETITION NUTRITION TIMELINE BY CHERYL TEO, SPORTS DIETITIAN AT SPORT SINGAPORE

In light of the major competitions that are coming for our national Silat athletes, a Competition Nutrition Timeline has been prepared for them to follow in order to prepare and recover properly pre to post competition!



Competition Nutrition Timeline



MENTAL TIPS

BY ANTONY LOU & GOH KANG WEI, MENTAL COACHES

Locus of Control

Understand what are within your control and what are not.

Performance Equation

$$\text{Performance} = \text{Potential} - \text{Distractions}$$

Confidence

- Fake it till you make it
- Conditional
- Unconditional



Affirmation Statements

WEEKS BEFORE THE COMPETITION

- I am training and/or practicing appropriately and diligently
- I am eating well
- I am sleeping well
- I am clear of my goals and objectives
- I see the upcoming competition a positive challenge

ARRIVING AT THE COMPETITION VENUE

- I am getting used to the atmosphere surrounding the event
- I am remaining in an excited yet relaxed state of mind and body

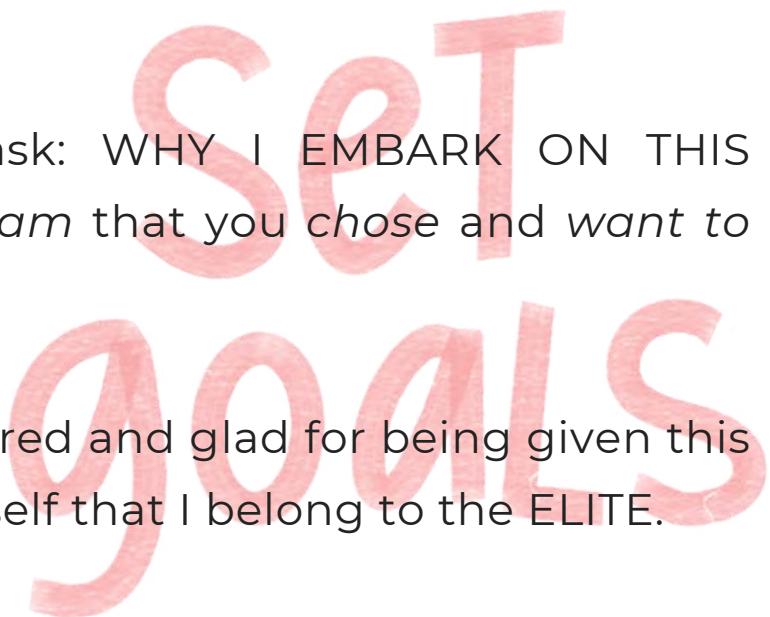
- I feel highly confident, energized, and ready to compete
- I am IN CONTROL
- I am using my positive self-talk
- I am ready to take on the challenge

DURING THE COMPETITION

- I am giving all my best
- Use cue words eg. Breathe in, Breathe out, Relax, Centering, Focus, Speed & Power, Kime!, Reset, etc.
- If DISTRACTION creeps in, apply "Thought Stopping"
 - Use the mental tools to refocus and re-engage etc.
- I am confident
- I am enjoying the challenge

Goal Setting

A very good reason to ask: WHY I EMBARK ON THIS PATHWAY? You have a *dream* that you chose and want to achieve.



Now is THE time. I am honored and glad for being given this opportunity to prove to myself that I belong to the ELITE.

Roles and Responsibilities

These pointers serve as guidelines that may be applied at different stages (pre, during and post) fights/performances.

- Focus on techniques & strategies (Think of the Process)
- Cognitive Reframing (embrace & embody the situation(s) as challenge)

- Do your visualization (If possible, consider including the potential "What If(s)" and how you will overcome it, but focus more on the right one that you should be doing)
- Engaging with more empowering thoughts (cue words & affirmation statements)
- Mitigate distraction (Give NO "airtime" to negative thoughts. Focus on controllable)
- Diet (high carbs for dinner the night before and breakfast on the day itself)
- Personal hygiene (Avoid sharing of food and drinks especially)
- Pack your things the night before the competition
- Meditate / Progressive muscle relaxation (if one is ok with this), more of giving yourself personal space to relax
- Ideal Performance State (anxiety level, negative thoughts creeping in, knowing your IPS, and knowing what to do to psych up or down in regulating your IPS)
- Stay in the bubble (stay relaxed, listen to music, etc)
- Stick to your daily usual routine as well as warm up routine
- When it is time to rest, please rest

MY RESULT IS THE FRUIT OF MY HARDWORK AND DEDICATION AND NOT REASONS!

NATIONAL SYLLABUS

The National Syllabus is created to form a standard syllabus for those who are interested to learn Silat, and are not involved in any of the Silat clubs available.

This is also set for interested coaches and referees who have no prior Silat background to learn the basics of Pencak Silat.

With the National Syllabus, this can assist any interested members of public who are interested in the upcoming Referee-Jury and Coaching courses conducted by Singapore Silat Federation.

As the National Syllabus (Level 1) will be a pre-requisite for the two courses mentioned, this can give a heads up to participants on Pencak Silat and the New Rules.



LEVELS IN NATIONAL SYLLABUS

SASH	LEVEL	DEFINITION	REMARKS
White	1	Beginner	
	2		
	3		
Green	4	Intermediate	Eligible to compete
	5		
	6		
Red	7	Advanced	
	8		
	9		
Brown	10	Assistant Instructor	Assist instructors with the White Sash students
	11		
	12		
Black	13	Instructor	
	14		
	15		

Full completion for the National Grading & Syllabus will approximately to be completed between 8 to 10 years.

Upon completion of each level, students will earn a badge where it will be placed on the edge of the sash. Students are required to put on the current badge they have attained for instructors to identify their level easily during training.

Badges will be given upon completion of each level.

Components that will be graded is inclusive of:

- Combination of basic techniques
- Stances and footwork
- Fighting style
- Memorization of artistic movements
- Code of Ethics of a Pencak Silat athlete
- Others

UPCOMING COURSES

NEW DATES ADDED!

WASIT-JURI COURSE

With the current rules and regulations, our new wasit juri course will cover every aspect of the article including the setting up and running of competition, theory sessions on all the rules, physical fitness test, practical session on becoming a wasit, learning and trying out the technical skills for both match and artistic, understanding the digital scoring system as a juri, and understanding the process of the protest system.

Participants will go through a hands on session for the digital scoring system and protest system.



To complete the session, all participants must go through the attachment during the 44th National Pencak Silat Championship 2022. Therefore, you cannot compete or be a team official for the event.

The course fee will be \$500, inclusive of one set of WJ Uniform. You are eligible to claim SkillsFuture Credit for this course.

WJ Course Dates: 18, 19, 25, 26 June & 13, 14, 20, 21 August 2022

Attachment Period: 25 to 27 August 2022

SG COACH INTEGRATED LEVEL-ONE COURSE



SG-COACH PENCAK SILAT INTEGRATED LEVEL 1 COURSE

DATES: 4, 5, 6, 11, 12 & 13TH APRIL

Register at <https://forms.gle/818VFfdt8DLt9vzm6>

Singapore Silat Federation has recently organized the SG-Coach Pencak Silat Integrated Level 1 Course that was held on 4, 5, 6, 11, 12 & 13 April 2022 at Heartbeat@Bedok.

Additional dates for e-learning from 2 August - 13 September 2022, and in-person lessons on the 3, 4, 5, 10, 11 & 12 October 2022.

The SG-Coach Integrated Pencak Silat Level 1 Course aims to meet the demands of individuals who aspire to coach the sport of silat, equipping the coach with fundamental but vital skills in coaching the sport of silat effectively.

At the end of the course, participants will be able to:

- Effectively coach the sport of Pencak Silat,
- Understand the key features of the sport of Silat and its affiliates,
- Understand the principles of coaching in the context of Silat,
- Design effective silat training programmes,
- Apply basic sports science knowledge in achieving peak performance in Silat athletes
- Assist Silat athletes to enhance and develop their skills

Participants are required to complete all pre-required modules via Sports-SG Ed before the start of the course.

The total course fee for SG-Coach Pencak Silat Integrated Level 1 Course is \$680.00. Participants can submit their course claim via MySkillsFuture.

Should you have any further enquiries, please do not hesitate to contact Mdm Nurul Fiona, Assistant Technical Director at fiona@persisi.org and/or +65 94249840.



HELP US ACHIEVE OUR DREAMS TO BE A CHAMPION!



YOU CAN SIMPLY HELP US BY MAKING OUR DREAMS COME TRUE...

Being a Charity and IPC Status, all outright cash donation would be entitled to a Tax Deductible receipt of 2.5 times.

Donation can be made through the following mode of payments. Below are the details:

1. IBanking (Direct Bank Transfer to - DBS Current Account 017-007120-3)
2. PayNow (UEN No. S76SS0039A) or simply scan the QR Code
3. Cheque (Payable to Singapore Silat Federation)
4. Cash

For issuing of Tax Deductible Receipt, the following information is required:

- Individual (Full Name & Identification No.)
- Company (Registered Company's Name & UEN No.)

For more details, you can contact us via

Singapore Silat Federation

Heartbeat@ Bedok, 11 Bedok North Street 1

NSA Office, #04-02, Singapore 469662

Main: +65 6282 2316 / 17 / 19

Fax: +65 6282 2308



www.persisi.org



ssf@persisi.org



@sgsiilat



NATIONAL RECRUITMENT 2022

Join us and be the next Silat World Champion!
If you're interested in joining the National Team for Pencak Silat,
send in your registrations now!

A Silat background would be ideal, but we are also open to those who don't.

For more information, you can contact us at 6282 2316, or send in an email to us at ssf@persisi.org.



The poster features a large, dynamic photograph of a Silat practitioner in mid-air, performing a complex kick or throw. He is wearing a traditional black singlet over a blue and green striped wrap. His right hand is raised in a fist, pointing upwards. The background is dark with red diagonal stripes. In the top right corner, there are two logos: the Singapore Silat Federation logo (a stylized orange and yellow bird) and the ONE SG SILAT logo (the word 'ONE' in red above 'SGSILAT').

NATIONAL SILAT RECRUITMENT

JOIN US AND BE THE NEXT SILAT WORLD CHAMPION!

- World class training facilities & equipment
- Opportunity to represent Singapore in major international games
- Support from SSI
- Opportunities for awards & scholarships

"ALWAYS AIM FOR THE TOP!"

- Sheik Farhan Sheik Alau'ddin
3-TIMES SILAT WORLD CHAMPION!

NATIONAL REGISTRATION

REGISTRATION FEE	NEW	RENEWAL
Senior (17 - 45 yr old)	\$420.00	\$360.00
Junior (14 - 16 yr old)	\$420.00	\$360.00
Pre Junior (12 - 13 yr old)	\$420.00	\$360.00
Pre Teen (10 - 11 yr old)	\$320.00	\$260.00
Singa Silat (6 - 9 yr old)	\$320.00	\$260.00
Singa Cub (3 - 5 yr old)	\$320.00	\$260.00
Direct Entry (3 - 45 yr old) <i>For individuals who does not come from affiliated clubs and / or no martial art background</i>	\$460.00	\$400.00

TRAINING SCHEDULE

Category: Senior, Junior & Pre Junior

Days: Monday - Friday

Time: 730pm - 1030pm

Venue: OCBC Arena, Hall 4

Category: Pre Teen, Singa Silat & Singa Cub

Days: Monday - Friday

Time: 730pm - 1030pm

Venue: Heartbeat@Bedok, Silat Hall

Note: Singa Cub & Singa Silat only trains from Monday - Thursday

REGISTRATION DOCUMENTS

1. Athletes' Agreement

2. Club Endorsement form

Scan to register



NATIONAL RECRUITMENT OPEN HOUSE 2022

Singapore Silat Federation will be hosting a National Recruitment Open House this June in conjunction with the June school holidays.

The program for the open house will consist of training trials by our national coaches and sharing from our recent SEA Games 2022 Gold Medalist national athletes such as Sheik Farhan and Nurul Suhaila.

The open house will take place on the 10th & 11th of June 2022. Registration can be done online via the QR code in the poster below. See you there!

**PENCAK SILAT
RECRUITMENT OPEN HOUSE**

OCBC ARENA HALL 4
10 JUNE - 11 JUNE
10AM - 6PM

OPEN HOME PROGRAM

ARTISTIC PERFORMANCE
Live Artistic Silat performance from our National Silat Athletes

SHARING SESSION FROM NATIONAL ATHLETES
Meet and greet with SEA Games Champions; Sheik Farhan, Nurul Suhaila, Muhammad Iqbal and many more

**30 MINS TRAINING TRIAL WITH NATIONAL COACHES AND
NATIONAL ATHLETES**
Training trial by our world class training coaches!

RECRUITMENT REGISTRATION & GOODIE BAG DISTRIBUTION
Register now to secure your giftbag, while stocks last!

BOOK YOUR TIMESLOT NOW!
All visitors and participants are required to book their timeslot to avoid overcrowding.





ONE
SGSILAT

PENCAK SILAT RECRUITMENT OPEN HOUSE

OCBC ARENA HALL 4

10 JUNE - 11 JUNE

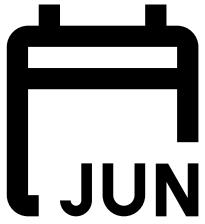
10AM - 6PM

- Live Artistic Silat performance from our National Silat Athletes
- Meet and greet with SEA Games Champions; Sheik Farhan, Nurul Suhaila, Muhammad Iqbal and many more
- Training trial by our world class training coaches
- Register now to secure your giftbag, while stocks last!

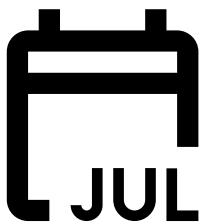


Scan the QR code and register now!

UPCOMING EVENTS



- 4 Jun: VIP National Recruitment Open House
- 10 - 11 Jun: National Recruitment Open House
- 13 - 17 Jun: Local Training Camp for 19th WPSC
- 11, 12, 18, 19 Jun: 6th WJPSC Selection



- 13 - 20 Jul: Overseas Training Camp for 19th WPSC (Kuala Lumpur, Malaysia)
- 21 - 31 Jul: 19th World Pencak Silat Championship (Kuala Lumpur, Malaysia)
- 21 - 31 Jul: 1st World Freestyle Artistic Pencak Silat Championship (Kuala Lumpur, Malaysia)



- 2 Aug: Coaching Level 1: Start of E-Learning
- 13, 14, 20, 21 Aug: National WJ Upgrading Course
- 16 - 22 Aug: Indonesia Open Pencak Silat Championship (Solo, Indonesia)
- 25 - 27 Aug: National WJ Upgrading Course - Attachment Period
- 25, 26, 27 Aug: 44th National Pencak Silat Championship (Singapore)



- 7 - 12 Sep: 1st Arena of Pendekar - International Team Event (Singapore)
- 17, 18 Sep: 2nd WBPSC Selection
- 23, 24, 25 Sep: 19th National Tertiary Silat Championship (Singapore)



22, 23, 29, 30 Oct: National Beach Silat Championships (Singapore)



14 - 21 Nov: 6th WJPSC Local Training Camp
22 - 28 Nov: 6th World Junior Pencak Silat Championship (Singapore)
22 - 28 Nov: 6th Asian Pencak Silat Championship (Singapore)



29 Nov - 5 Dec: 2nd WBPSC Overseas Training Camp (Cebu, Philippines)
6 - 12 Dec: 2nd World Beach Pencak Silat Championship (Cebu, Philippines)



RUNNING A SILAT CLUB?

Singapore Silat Federation welcomes any new Silat Club to join us as our affiliate, be it as an Ordinary or Associate Member!

You will be able to get first-hand information with regards to Pencak Silat activities and programmes happening locally and internationally. Most importantly, get your Silat Club recognized and certified by us, the main governing body for the sport in Singapore.

Currently, we have twenty (20) Ordinary Members, and seven (7) Associate Members registered with us.

And a total of forty-eight (48) Silat Clubs, also known as Perguruan, registered and certified with Singapore Silat Federation.

To join us, simply write in to register your interest via email to ssf@persisi.org and attention it to our President with Affiliation with Singapore Silat Federation as your subject.

We look forward to welcoming you on board!



FOLLOW US ON



@SGSILAT



**SINGAPORE SILAT
FEDERATION**

TALK TO US

(65) 6282 2316 / 17 / 19

ssf@persisi.org // www.persisi.org

WE ARE LOCATED AT..

11 Bedok North Street 1, Heartbeat@Bedok, #04-02,
Singapore 469662





SINGAPORE SILAT
FEDERATION



ONE
SGSILAT

MUHAMMAD IQBAL

MUHAMMAD HAZIM

SHEIK FERDOUS

SHEIK FARHAN

NORUL SUHAILA



CHAMPIONS